

A NIGHTTIME PRAYER

INSTRUCTIONS: Fill in the blanks below, then read the prayer out loud to God. For the first blank, think of one of God's many names: Lord, Father, Almighty, I AM, Creator, Rock of Ages, etc.

Dear _____,

Today was good because _____

Today was also hard because _____

I give you the good things and the hard things to hold for me as I sleep.

When I feel _____, please protect me.

When I think _____, please remind me of your love.

When I see _____, please comfort me with the truth that you are always with me, even when everyone else is asleep.

In the morning, would you please help me _____.

And as I sleep, would you please _____.

Thank you for being the God who never sleeps.

I love you.

Amen



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